



wer unterrichtet welche Klassen: **Dezember 2018**

Montag – Freitag: Morgens: Openingchant um 7:00 Uhr
Abends: das Studio öffnet um 18 Uhr, Openingchant um 18:30 Uhr

KW 49. 3. - 9. Dezember

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
				● new moon		9:15 – 9:45 Zazen
7 - 10 Mysore Gigi	7 - 10 Mysore Cathrin/Gigi	7 - 10 Mysore Cathrin/Dragos	7 - 10 Mysore Cathrin/Marie		10 Mysore Cathrin/Dragos	10 Led Class Cathrin
18:30-20:30 Mysore Marie/Astrid	18:30-20:30 Mysore Cathrin	18:30-20:30 Mysore Marie	18:30-20:30 Mysore Cathrin	18:30 <i>Moonpractice</i> Marie		17:30 Mysore Astrid

KW 50. 10. – 16. Dezember

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
						9:15 – 9:45 Zazen
7 - 10 Mysore Cathrin	7 - 10 Mysore Cathrin/Gigi	7 - 10 Mysore Cathrin/Dragos	7 - 10 Mysore Cathrin/Marie	7 - 10 Mysore Astrid/Kathrin	10 Mysore Astrid/Dragos	10 Led Class Gigi
18:30-20:30 Mysore Marie/Astrid	18:30-20:30 Mysore Cathrin	18:30-20:30 Mysore Marie	18:30-20:30 Mysore Astrid	18:30-20:30 Mysore Gigi	17:00-18:30 Yin Yoga Marie	17:30 Mysore Astrid

KW 51. 17. – 23. Dezember

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
						9:15 – 9:45 Zazen
7 - 10 Mysore Gigi	7 - 10 Mysore Cathrin/ Kathrin	7 - 10 Mysore Cathrin/Dragos	7 - 10 Mysore Cathrin/Marie	7 - 10 Mysore Cathrin/Katy	10 <i>Moonpractice</i> Marie	10 Led Class Cathrin
18:30-20:30 Mysore Marie	18:30-20:30 Mysore Cathrin	18:30-20:30 Mysore Marie	18:30-20:30 Mysore Cathrin	18:30-20:30 Mysore Astrid		17:30 Mysore Gigi

KW 52. 24. – 30. Dezember

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
						9:15 – 9:45 Zazen
8 - 10 Mysore Cathrin	No class	No class	8 - 10 Mysore Astrid	8 - 10 Mysore Marie	10 Mysore Andrea/Dragos	10 Led Class Andrea
No class	No class	No class	No class	No class		17:30 Mysore Marie